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## City sheds light on exploitation

**ABUSE** The City of Edmonton's Sexual Exploitation Working Group, in collaboration with several community agencies, are shining a light on abuse and exploitation through Sexual Exploitation Week of Awareness.

"It's primarily about awareness and making sure people understand that these things do happen here in Edmonton," said Sue Huff, Edmonton Public School Board trustee and a member of the working group. "We have problems with sexual exploitation like any other city in Canada."

ANDREAS MORSE/  
FOR METRO EDMONTON

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**Your Money pg 6**

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Rexall Place **Billy belts it out**



Billy Talent frontman Benjamin Kowalewicz rocks Rexall Place last night as the band made its Edmonton stop on its current Canadian tour.

# Ski trip tragedy

Grade 10 student dies after hitting tree on school outing

ANDREAS MORSE  
for Metro Edmonton

**What started as a fun school ski trip to Panorama ended in tragedy when Grade 10 student Skylar Lockwood crashed into a tree and died yesterday morning.**

Lockwood was a student at J. Percy Page, his principal said he was well-liked and full of energy.

"Skylar was an energetic Grade 10 student," said principal Audrey Gibson, as she tried to hold back tears. "He was a young man who was full of life and full of Page spirit and pride."

Thirty-four students along with three supervisors left for the B.C. mountain resort on Sunday morning and were scheduled to return this afternoon. Instead, the bus came back a day early.

"Today has just been a tragic day for our school community," Gibson said. "It was difficult to tell the kids and the staff. This has just been a tragic loss for us."

Lockwood was wearing a

**"Today has just been a tragic loss for our school community."**

Audrey Gibson, principal, J. Percy Page school

helmet at the time of the crash and was airlifted to a hospital in Invermere.

"This is devastating news and our hearts go out to the entire Lockwood family," said acting superintendent of Edmonton Public Schools Donna Barret. "Words cannot express our deep sorrow over this incident."

Students and staff at the Edmonton school, as well as the rest of the students who were on the trip, are receiving support from crisis counsellors.

Students, staff, friends and family will hold a memorial at the school in Lockwood's honour.

Barret said the school board will be reviewing the process in which future school trips are decided on.

## Man with 141 arrest warrants captured in Edmonton

**CRIME** A man with 141 warrants for his arrest was finally apprehended in Edmonton late last week.

David Shawn Tidman, 25, was arrested in a home on 145 Avenue and 27 Street

on Friday. Police said Tidman answered the door and allegedly provided the officers with a driver's licence under a false name.

After searching the house, police found stolen

credit card data, driver's licences, computers, weapons, and various drugs, amongst other things, police said.

Karen Carlson, public information officer with the

EPS, said he was not arrested earlier because police were still investigating. They had to be careful because it seemed identity theft was a factor.

"He had several warrants

for his arrest, not just in Edmonton, but in other jurisdictions as well," Carlson said. She added that the public's help was vital in the arrest.

YONATHAN SUMAMO/  
FOR METRO EDMONTON



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# Local



## Ohh la la: Lady Gaga coming to town

Lady Gaga is coming to Edmonton this summer. The international singing sensation will appear at Rexall Place Aug. 26, according to ladygaga.com. Ticket details will be announced soon.

METRO EDMONTON

## Culinary students learn from chef a cut above

ANDREAS MORSE  
for Metro Edmonton

**NAIT** First-year students in NAIT's garde manger class learned something new yesterday: The Caesar salad was invented in Tijuana.

They also learned that celebrity chef David Adjey has spent a fair amount of time in the Mexican border city, and that he cooked for Brad Pitt and Jennifer Aniston on their first date.

But what the NAIT students were really in class to learn from Adjey, the school's Hokanson chef-in-residence, was how to make the perfect salad.

"It's pretty cool," said student Carly Minish. "He's really experienced and he's taking food in a new direction."

Minish said she's impressed by NAIT's ability to bring in big-name chefs to help teach eager culinary students.

"They bring people in every year," she said. "It's something we can get ex-



Celebrity chef David Adjey in a first-year garde manger class yesterday, teaching students how to prepare the perfect Caesar salad. Adjey is NAIT's Hokanson chef-in-residence until this Friday.

cited for and learn from."

Adjey is used to cooking in a classroom setting. The star of the TV show Restaurant Makeover attended the Culinary Institute of

America before moving on to fame and fortune.

"They call it the Harvard of cooking schools, do you know why?" he asked the students. "It's because it's

so expensive."

Adjey is currently in production on a Food Network show called The Opener. The celebrity chef will be at NAIT until this Friday.

## Man facing charges after allegedly threatening family, police

**CRIME** A 39-year-old man is facing numerous charges after allegedly threatening to kill a family member, police and himself.

On Sunday, St. Paul RCMP responded to a complaint

alleging that Dean Michael Bodnar had threatened to kill a relative and himself.

RCMP were able to gain entry into a residence and arrest Bodnar without incident. During this phase of

the investigation, police located and seized a long-barrel firearm from the home.

It is further alleged that once he was in custody, Bodnar threatened to kill police the next time they

deal with him.

Bodnar has been remanded in custody and is scheduled to appear in St. Paul provincial court on Thursday.

METRO EDMONTON

## Aspiring volunteers

U of A students seek funds for trip to Fiji to aid village

YONATHAN SUMAMO  
for Metro Edmonton

**Two local University of Alberta students are trying to collect funds to travel to Fiji to help a small village in need.**

Eighteen-year-olds Maegan Robinson-Anagor and Kimberly Husbands are hoping to travel with Volunteer Eco-Students Abroad (VESA) this June to help a village in Fiji with some basic essentials.

VESA, a non-profit organization, works closely with Partners in Community Development Fiji to provide rainwater-catchment tanks for drinking water in different villages. The students, who will travel with VESA, will also help educate the locals on proper hygiene and teach young kids English.

After doing a week's worth of work in the village, the two women will travel with other students from all over North America and Australia to learn more about Fijian life.

"I've always been really interested in volunteering and giving back to the community, and I just thought it would bring a different perspective volunteering abroad," Robinson-Anagor said.

**"We didn't realize how big and hard work fundraising is, but we'll do it."**

Maegan Robinson-Anagor, student

son-Anagor said.

Husbands said that while the trip will be fun, it will also be an enlightening journey for when she returns.

"I think it's an experience everyone should have. It will give us a fresh outlook," Husbands said.

Even though both the students have never travelled to do volunteer work on this scale before, they both agree fundraising is the hardest part.

So far they have held fundraisers at local bars and a bottle drive, and they plan to hold a few more before they leave for two weeks this summer.

"We didn't realize how big and hard work fundraising is, but we'll do it," Robinson-Anagor said.

To learn more about the VESA program, visit vesabroad.com. To donate to the two students' cause, visit their Facebook group "Help Maegan and Kimberly Fundraise for Fiji!"

## Bike used by father of slain girl auctioned for Child Find

**CHARITY** The bicycle the father of murdered Grade 3 student Tori Stafford used to ride across much of Canada is again helping raise money for Child Find.

Rodney Stafford cycled 3,500 kilometres from Woodstock, Ont., to Edmonton last year after the death of the eight-year-old. Her body was found in a remote area north of Guelph, Ont., and two people are awaiting trial on murder and kidnapping charges.

Stafford raised thousands of dollars for Child Find Ontario during his ride and the bike has been auctioned for \$2,000.

Child Find assistant director Terry Smith says the buyer will put the bike up for auction again in May to raise more cash.

Stafford says the idea is to provide Child Find with a constant income from the bike.

THE CANADIAN PRESS

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@alexabboud If only #yeg had a world class, downtown venue. Then we could bring in acts like U2, Jay-Z, Lady Gaga, Simon & Garfunkel, Muse. Wait...what?

@tucktovich There is a long list of things I would like to be doing on Monday. Being at work isn't one of them. #yeg

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What's online today.

**Blogs** Kenya Hunt checks in with '70s-inspired threads at Paris Fashion Week

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**Gorilla ponders escape from Calgary Zoo**

The Calgary Zoo has confirmed it suspended an "experienced" zookeeper for failing to properly secure the gorilla's outdoor exhibit that allowed seven-year-old Shana to leap from a pile of ice and onto the perimeter screen glass. The zoo's director said the shy gorilla perched briefly atop the fence, but leapt back into the outdoor habitat when an employee spotted him. **METRO CANADA**

3

# Canada/World

## Feds release national emergency strategy

**The government has released an "all-hazards" national emergency response plan four months after it was chastised for not having one approved by cabinet.**

The plan outlines the responsibilities departments and agencies have in national or provincial emergencies, as well as international ones that could affect Canada.

"It outlines the processes and mechanisms needed for an integrated response to an emergency," Public Safety Minister Vic Toews said yesterday.

"It's also designed to co-ordinate emergency response efforts by federal, provincial and territorial governments ... Most of all, it will help to ensure that the government's response to an emergency is seamless and timely."

Largely logistical in nature, the plan touches on virtually every conceivable natural or man-made disaster, from toxic spills and plane or train crashes to



Emergency response personnel take place in a mock contamination drill as Public Safety Minister Vic Toews speaks in the background in Ottawa yesterday.

earthquakes, deadly storms and pandemics. It also addresses govern-

ment roles in tackling "cyber incidents" and terrorism. **THE CANADIAN PRESS**

## Political junk mail 'essential,' says Tory

**POLITICS** Those one-page MP mailouts that have been stuffing Canadian mail boxes — and blue boxes — while ruffling feathers in the House of Commons for the last two years are "essential to our democracy," a Conservative cabinet minister said yesterday.

Steven Fletcher, minister of state for democratic reform, was responding to a

Liberal motion that would see MP mailing privileges held to their own ridings and could save taxpayers up to \$10 million each year.

The measure was part of a non-binding Opposition day motion in the Commons designed to roll back government spending on ads,

travel, and use of consultants. **THE CANADIAN PRESS**



**More seniors are embracing a new sexual identity.**

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## U.S. steps up heat on Israel over construction plan

**MIDDLE EAST** The Obama administration is demanding that Israel call off a contentious building project in east Jerusalem and make a public gesture toward the Palestinians to help defuse one of the worst U.S.-Israeli feuds in memory, officials on both sides said yesterday.

But Prime Minister Benjamin Netanyahu showed little sign of yielding, saying Jewish construction in east Jerusalem "in no way" hurts Palestinians.

A Jerusalem city spokesman suggested Jewish building there would continue.

### Demands

- After a weekend of rare broadsides from top U.S. officials, including Secretary of State Hillary Rodham Clinton, American demands became clear yesterday. The U.S. wants Israel to cancel the construction plan, U.S. and Israeli officials said.

Announcement of the plan to build 1,600 apartments for Jews in the Ramot Shlomo neighbourhood came during Vice-President Joe Biden's visit last week, embarrassing him and the Obama admin-

istration, angering Palestinians and endangering the start of indirect peace negotiations that are to be mediated by a U.S. envoy.

Adding to tensions was a ceremony yesterday in the walled Old City in east Jerusalem, where Jews rededicated an ancient synagogue destroyed after the war that followed Israel's creation in 1948.

Israeli police sent in reinforcements to prevent riots. The synagogue is in the Jewish Quarter, but Palestinians still saw the colourful celebration as an affront.

**THE ASSOCIATED PRESS**

## Woman sues over wrong implants

**PITTSBURGH** An Ohio woman claims in a lawsuit that a plastic surgeon used the wrong kind of breast implants on her, then kept her knocked out longer than necessary and continued with the botched operation on the advice of her fiancé. Brittany Daly filed the lawsuit Friday against Dr. Beverly Carl over the 2008 surgery. Daly contends she decided on silicone implants because she was told they were more durable and less likely to ripple or deflate than saline. But Carl's office had only saline implants available. **THE ASSOCIATED PRESS**

## Indonesia Footwear frenzy



Shoppers pick out clogs during a sale of Crocs footwear at the Senayan City shopping mall in Jakarta yesterday. The five-day event was aimed at selling 80,000 pairs of footwear at heavily marked-down prices.

## News in brief

**THAILAND** Anti-government protesters started donating their own blood as part of a plan to splatter the Thai

government headquarters in a symbolic sacrifice to press their demands for new elections. Red-shirted demonstrators

lined up to have their blood drawn, a day after their leaders vowed to collect blood to spill today. **THE ASSOCIATED PRESS**



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## Comment

# Max sets own course

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

he most intriguing Conservative in Ottawa these days is Maxime Bernier. The Quebecer, who was bounced from cabinet a couple years ago, separates himself from others in his party because he isn't afraid to speak his mind.

Most all other Conservatives have sadly been reduced to courtiers and toadies for fear of what might happen to them if they say anything off cue.

Bernier fell from grace as a result of his affair with Julie Couillard, the woman who hung around with biker gangs. She subsequently wrote a book, quoting Bernier as calling the prime minister a

control freak among other things. Mad Max, as the tall, charismatic Bernier is sometimes called, figures he has no future under Harper. So why not rock the boat.

In speeches, he's come out against the need for big stimulus to get the country out of the recession. As well, he sees no need for government activism to combat climate change. In one speech he put a new twist on the famous line from

John F. Kennedy. Said Bernier, "Don't ask what your country can do for you. Ask your government to get out of the way."

His Darwinian musings have prompted some observers to suggest he is openly challenging Harper, aiming at a leadership run. That's a bit of a stretch. But it was interesting to note that in a speech to the Preston Manning Institute on the weekend, he was full of praise for the goals of the old Reform Party, but failed to mention Stephen Harper once. That raised a few more eyebrows.

On Quebec policy, Mad Max is far to the right of the party, arguing that free-market policy prescriptions are the way to Quebecers' hearts. In his riding of La Beauce he is hugely popular, winning by a giant margin — even after "biker-gate."

Bernier is also the only Conservative MP to run his own blog. Garth Turner, the one Tory who tried that before, was hoofed out of the caucus for not toeing the party line.

Bernier sounds like he wants to bring the politics of Ronald Reagan north of the border. It's a bit early for anyone to start thinking of the Conservative leadership. But should Harper not get a majority in the next election, which will be his fourth kick at the can, it may be time.

Meanwhile, it's nice to see a Conservative who has the courage to air his views. Bernier had better watch his back, though. It's not a government that takes kindly to this type of thing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Maxime Bernier

## Views

# Racing to eliminate the stigma of cancer

## LiveStrong

Lance  
Armstrong

Before cancer touched my own life, I rarely thought about the disease.

When I was 25, it nearly killed me. An advanced form of cancer had spread throughout my body. My chances of surviving were poor. Even more remote was the possibility that I'd be able to compete as a professional cyclist again.

After two surgeries and four rounds of chemotherapy, I was still alive. And because I had an excellent medical team, the support of my family and friends

and a strong determination to live, the greatest days of my career and my life still lay ahead of me.

Thirteen years later, if I had to choose between winning the Tour de France and having cancer, I would choose cancer. I consider myself lucky for the experience, and because of that I feel a strong commitment to help everyone affected by cancer triumph over this disease.

Cancer touches every life on Earth. It is projected to be the leading cause of death worldwide this year, claiming more of us than AIDS, tuberculosis and malaria combined. Twenty-eight million people struggle with it and if current trends continue, the number of new cases could triple by 2030.

But in many parts of the

world, we don't talk about cancer. We hide it because we're afraid we could lose our jobs or our friends. Some of us fear that our children will be sent home from school because their mom or dad has cancer. Many people believe cancer is contagious or that people who get cancer bring it on themselves. And the most common theme by far — a cancer diagnosis means certain death.

Molebatsi Poee-Shongwe, founder of the South African cancer organization BreastSens, says that many people with cancer believe that when signs of their condition and its treatment become obvious, their communities will believe they have AIDS. Like cancer, this disease also brings moral judgment and persecution

along with it.

Molebatsi illustrates the situation with a story: "A young woman refused treatment — mastectomy and chemotherapy because concern that breast loss will severely hinder her marriage prospects. She, by default, chose to die rather than face the ferociousness of stigma."

Death by cancer is tragic. More tragic is losing a friend or a loved one when we could have saved them. We hope to inspire people to speak out about their experiences with cancer. If we unite, discrimination and ignorance cannot stand against us.

Lance Armstrong is a cancer survivor, champion cyclist and founder and chairman of LIVESTRONG, an organization that fights for the 28 million people around the world affected by cancer www.LIVESTRONG.org

MY POLITICAL  
BAGGAGE ISN'T  
TOO BIG TO BE  
CARRY-ON.



## Worth mentioning

# Tigers on the verge of extinction, UN reports

The world has "failed miserably" at protecting tigers in the wild, bringing an animal that is a symbol for many cultures and religions to "the verge of extinction," a top official with the United Nations wildlife agency said yesterday.

Willem Wijnstekers, the secretary general of the 175-nation Convention on International Trade in Endangered Species, called on countries to come up with strategies, and co-operate with international agencies such as Interpol, to end poaching and illegal trade in tiger products.

"We must admit that we have failed miserably," Wijnstekers said at the two-

week conference in the Gulf state of Qatar. "Although the tiger has been prized throughout history

... it is now literally on the verge of extinction."

Tigers are poached for their skins and parts of their bodies are prized for decoration and traditional medicine. Delegates at the UN conference will also consider the spike in rhino poaching and ways to combat criminal networks involved in the

illegal trade in horns in parts of Africa and Asia. All in all, there are 42 proposals on the table, ranging from stopping elephant poaching to banning trade in polar bear skins.

THE ASSOCIATED PRESS



## Endangered

• Just 20 years ago there were 100,000 tigers in Asia, but now only 3,200 remain in the wild, according to Willem Wijnstekers, the secretary general of the 175-nation Convention on International Trade in Endangered Species.

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONWS.CA

## No kidding — the taxman is your friend

CRA agents can be valuable, knowledgeable allies when it comes to deductions

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

As April 30 looms, tremors of fear roll from sea to sea. It's income tax anxiety and, unfortunately, it often stops us from taking advantage of some of the best help available — the people who answer the Canada Revenue Agency phones.

Last week I urged readers to take control by doing your own taxes. But

whether you are a veteran filer or a novice, chances are you will need to ask a question or two. Same here. Over the years I've benefited greatly from CRA assistance.

Decades ago, as a fledgling writer, a kindly CRA agent explained what I could claim as self-employment expenses and even directed me to pertinent publications.

When my husband proposed to me on the beach at Catalina Island, my first call (well, maybe not quite the first) was to the tax folk where I learned that

losing the equivalent-to-married exemption meant I'd actually pay more tax if got hitched. Hello common law! (That deduction, sadly, no longer applies to the common law crowd.)

Following the death of my father-in-law 20 years ago, we neglected to file an estate return but CRA walked me through an appeal process which resulted in the cancellation of the substantial penalty.

When our youngest daughter lost her hearing after meningitis struck, CRA helped us through the tricky process of claiming various disability deduc-

**ALISON'S MONEY RULE**  
Don't be afraid of the tax man or woman. They can save you money.



tions. After my mother died in December a CRA agent smoothed out a few

wrinkles in her financial affairs.

And now I've taken over

my father's finances CRA has again provided a service.

During a chin wag with an agent she noticed my father had never applied for the disability deduction for which he is eligible. Once his doctor fills out form T2201, I'll request a reassessment going back years, which could be a nice windfall for dear old Dad.

Of course, with the filing deadline only six weeks away get cozy with a headset for your phone or hit the speaker button since you are likely to be waiting awhile.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

## Tax losses can reduce this year's bill, recoup from last 3 years

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q** Last year, I sold underperforming stocks at a loss of more than \$40,000. I also invested in a start-up company in 2007. The company declared bankruptcy last June. Total losses exceed \$100,000. If I understand the rules, I can deduct a capital loss to reduce other capital gains. Are there limits to the loss and for how many years? — Eric

**A** A tax loss can be used if the taxpayer has capital gains in the current year or any of the three prior years to reduce taxes

this year and/or recoup taxes paid in the prior three years. It can only reduce capital gains and not other sources of income from employment, business, rental etc.

Your investment in a now bankrupt company may qualify not just for a capital loss but an allowable business investment loss (ABIL). A purchase of shares in publicly traded company generally results in a capital gain/loss. On the other hand, an ABIL may arise from realized losses from the sale of shares or debt of a small business corporation (SBC). Fifty per cent, similar to a capital loss, can be applied. These rules are complex and you should speak to a professional.

Henry Choo Chong, CGA, can be reached at chchoonghcg@jyahoo.ca



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## Unexpected win may mean a big loss: How to avoid the contest telemarketing scam

HEATHER BUCHAN  
for Metro Canada

## Fraud Prevention

It's dinner-time. Your phone rings. The caller congratulates you on having won a dream vacation. But you never

entered a contest.

This, say experts, is a prime example of telemarketing fraud, which has become one of the most pervasive forms of white-collar crime in Canada.

The GTA alone has hundreds of fraudulent telemarketing operations conducting a variety of schemes, including offer-

ing advance-fee loans, credit card "protection," stock swaps, prizes and sweepstakes, and investment-grade gemstones.

The scope of the operations range from one individual using disposable cellphones, to offices with dozens of staff.

According to the Competition Bureau, a telltale sign of fraud is when the caller puts pressure to act immediately. Criminals do this because short expiry dates reduce the risk of being traced by authorities.

Police also explain that in Ontario, it is illegal for loan brokers to charge a fee before a consumer receives the loan. If a caller offers a loan you haven't applied for and requests that a fee be paid upfront, warning bells should be going off.

## 6 financial tips for new home buyers

With spring home buying season in full bloom, Chris Wisniewski of TD Canada Trust offers this list of things Canadians, especially first time buyers, should consider when purchasing a home.

**1** Consider a larger down payment — a 10 per cent or greater down payment will make a big difference to the amount you'll end up paying over time.

**2** Choose your mortgage options carefully — whether you choose a variable rate or a long-term fixed interest rate mortgage will depend on your comfort with interest rate risk and your ability to carry a higher mortgage payment should interest rates rise. As anticipation about rising interest rates grows, more people may explore longer term fixed interest rate mortgages.

**3** Choose a shorter amortization period. Instead

of choosing a standard 25 or 35 year period, select a shorter amortization period at the beginning of your mortgage and dramatically reduce the amount of interest you pay over the shortened life of your mortgage.

**4** Make lump-sum payments on your mortgage when you have the extra cash (such as when you receive your tax return).

**5** Buy the house that fits your budget, not just

your lifestyle — too big and you could be giving up that lifestyle to pay it off.

**6** Go to the bank before you start searching for the perfect home and get a pre-approval for a mortgage.

Prepare a realistic budget and take a look at the impact of these future mortgage payments on your budget. Be realistic about whether you can afford the amount of the mortgage based on your lifestyle.

NEWS CANADA

## Protect yourself

How to spot fraudulent calls and how to protect yourself

- Be suspicious if the caller sounds more excited about the offer than you are.
- Be wary if the caller demands an immediate answer
- Ask all marketing, research or charity callers for detailed written information, time to think about the offer, valid references and the means to contact them, and a call-back number. Then check Revenue

Canada's database to ensure it is a legitimate entity.

- If you're suspicious of any call, hang up immediately.
- If you suspect you've been defrauded, call your local police, bank and Phonebusters (1-888-495-8501).
- Canadians are not eligible for out-of-country lotteries. If you're told you've won one, just hang up.





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As part of *Fraud Prevention Month*, we remind you to always protect yourself online. For more information about both services, visit [interac.ca](http://interac.ca) today.

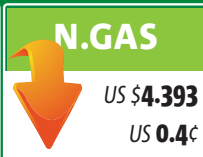
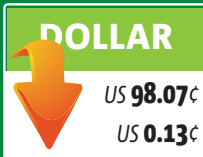
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WestJet president and CEO Sean Durfy announced his resignation yesterday, to take effect April 1. The announcement appeared on the company's Twitter page last night. **METRO NEWS SERVICES**

# Business



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## U.S. to unveil new policy on broadband

**NET** Communications regulators are unveiling a sweeping proposal to overhaul U.S. broadband policy. Their aim: To bring affordable, high-speed Internet connections to all Americans and make access much faster for people who already have broadband.

Yet it's not certain the Federal Communications Commission can find the funding, corporate support and legal clearance to carry out their entire vision.

Already, broadcasters oppose one key element of the proposal, which calls for reclaiming some airwaves now in the hands of TV stations and instead selling those frequencies to companies that deliver wireless Internet access. And the FCC hopes to modernize the federal program that subsidizes telephone service in poor and rural areas.

THE ASSOCIATED PRESS

## Think-tank calms fears over parity

**With the loonie all but certainly headed for parity with the U.S. dollar, a new analysis argues the danger it poses for Canadian industry may not be as great as many assume.**

The Conference Board weighed in on the subject yesterday with a surprising argument — a strong loonie and currency volatility are a net negative for the economy, but not a major impediment, particularly if firms take steps to adapt.

### Loonie at par this summer?

Bank of Montreal economist Douglas Porter forecasts the Canadian dollar will hit parity this summer and will likely remain at or above that level for the rest of 2010 and most of 2011.

More surprisingly, the think tank said currency fluctuations impact the service sector more than the manufacturing, mining and oil and gas industries, because the latter have found ways to hedge against rapid changes.

The more global and integrated a company is, the

more it can ride out the ups and downs of Canada's relatively volatile currency, the Conference Board said.

"The manufacturing sector was largely able to shrug off the impact of currency volatility prior to the recession," the report points out.

"Most manufacturing in-

dustries managed well, as they are integrated into global supply chains, importing inputs into the production process, investing in imported machinery and equipment, and investing in plants abroad."

In other words, said Louis Theriault, who authored the report, companies that are "internationalized" gain from a high currency in

one aspect of their operations, while losing in another aspect, a kind of seesaw that evens out the bumps. **THE CANADIAN PRESS**



**Toyota disputes "inconsistent" runaway Prius story.**

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### Business in brief

**DRUGS** Contract drug maker Patheon Inc. is seeing the first signs of recovery in a depressed market, but hasn't been able to take full advantage because of glitches in its supply chain at operations in Cincinnati and Puerto Rico. Patheon chief executive officer Wes Wheeler said yesterday that the company saw an increase in drug orders at the end of 2009, which contributed to a 5.2 per cent increase in revenues in the quarter.

THE CANADIAN PRESS

## Montreal tapped as major gateway

**AIRPORTS** The chief executive of Air Canada says Montreal's main airport should grow to become a major gateway to Europe, Africa and French-speaking countries.

Calin Rovinescu told business leaders yesterday that while Trudeau airport will never overtake Toronto's Pearson, it has the potential for more traffic.

Last year, a total of 12.8 million passengers flew through the Montreal airport, six million on Air Canada.

Since 2004, Air Canada's traffic through the city has grown by 25 per cent, while its capacity has increased by more than 18 per cent.

While Trudeau airport's growth largely hinges on the state of the economy, channelling connecting traffic will be the key driver for it becoming a more important hub, Rovinescu said.

One-third of Air Canada passengers who fly



Air Canada chief executive Calin Rovinescu points out that his airline carried six million of the total 12.8 million passengers who flew through Montreal's Trudeau airport.

through the airport begin their flights elsewhere. Air Canada's membership in the Star Alliance should help improve that number. For example, the recent addition of Brussels Airlines will increase traffic to

Africa, which stands at just five per cent.

Adding service to Lebanon could be a great opportunity since Montreal has Canada's largest Lebanese community.

THE CANADIAN PRESS

## Automakers, spark hybrid partnership

**INDUSTRY** Toyota and three other Japanese automakers together with a power company have set up a group to promote electric vehicles by standardizing recharging machines and marketing the technology abroad.

Representatives of Toyota Motor Corp., Nissan Motor Co., Mitsubishi Motors Corp., Fuji Heavy Industries and Tokyo Electric Power Co. gathered at a Tokyo hotel yesterday to announce the association.

The officials said the time may have arrived for electric vehicles to really take in Japan. But the main hurdles to be overcome are better battery technology, and costs. "Automakers are competing in many aspects, but the entire industry needs to come together and offer convenience for our customers," said Nissan chief operating officer Toshiyuki Shiga. **THE ASSOCIATED PRESS**

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**Gagne's comeback stalled**

The Los Angeles Dodgers have sent former Cy Young Award winner Eric Gagne to their minor league camp, stalling the closer's bid to make it back to the majors. **THE ASSOCIATED PRESS**

9

# Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Columbus' Jared Boll, right, and Edmonton's Theo Peckham fall to the ice while fighting during the first period of yesterday's game in Columbus, Ohio.

## 'We're not mentally tough enough': Quinn

**NHL RESULT**

**Oilers 3 Blue Jackets 5**



**There's no place like home. Just ask the Edmonton Oilers.**

Kristian Huselius had a goal and three assists last night to lead the Columbus Blue Jackets past Edmonton 5-3, adding to the Oilers' road woes.

Asked about his team's road troubles of late, Oilers coach Pat Quinn cracked, "Of late?"

Edmonton is just 1-14-1 away from home since mid-December.

"We haven't recovered from the loss of certain personnel," Quinn continued,

referring to injuries to frontliners such as Ales Hemsky, Sheldon Souray and Nikolai Khabibulin.

"We have got ourselves in a mentality that we're poor guys that have had some misfortune that's happened. We're not mentally tough enough to play through those things for long periods of time."

Antoine Vermette added a goal and two assists and Jake Voracek, Chris Clark and Marc Methot also scored for the Blue Jackets, who totalled only three goals in their previous two games.

It was a wild, wide-open game full of odd-man rushes. The erratic play wasn't a surprise, since the two teams rank last (Edmonton) and third-to-last (Columbus) in the NHL in goals allowed.

"Obviously, we like to play a little wide open with pinching in the offensive zone," said Aaron Johnson, who along with Robert Nilsson had a goal and an assist for the Oilers. "But there were a couple of times we just got caught out of position."

Dustin Penner also scored for the Oilers, who have lost four in a row and are just 3-10-1 in their last 14 games.

"We're OK, we do some good stuff — but not good enough to win," Quinn said.

"At the end of the night, in a game that's up for grabs, we've been in a lot of them but we don't grab it. We don't reach out and take it."

"On a night like tonight, it was our veterans that kind of let it get away from us."

**THE CANADIAN PRESS**

## McKeever gets Canada's first gold

**PARALYMPICS** Brian McKeever will never forget his Olympic disappointment, but the Paralympic gold medal he won yesterday helped remind him why he keeps racing.

McKeever's victory in the 20-kilometre cross-country ski race for the visually impaired gave Canada its first gold medal of the Winter Paralympics. The win came in an event where McKeever had finished second in his two previous Paralympics.

"That meant a lot," said McKeever, who was almost 42 seconds faster than the second-place finisher.

"That was the one we were waiting to win."

Yesterday also saw Canada earn gold and bronze in alpine skiing. Lauren Woolstencroft won the women's standing slalom, while Karolina Wisniewska was third.

**THE CANADIAN PRESS**



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### Sports in brief

**SOCCER** Unless David Beckham can mend it as well as he can bend it, soccer's now-limping glamour boy will miss this summer's World Cup — a blow to tournament organizers, sponsors, TV viewers and average fans. Beckham underwent surgery yesterday for a torn left Achilles' tendon and is expected to be out of action for about six months.

**THE ASSOCIATED PRESS**

### SCOREBOARD

**NHL**

**YESTERDAY'S RESULTS**

**Columbus 5 EDMONTON 3**  
New Jersey 3 Boston 2  
Detroit 2 Calgary 1

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Health Canada has approved GARDASIL, a vaccine previously only available to females, for males from the ages of nine through 26 for the prevention of infection and genital warts caused by Human Papillomavirus (HPV). There are 114 new cases of genital warts diagnosed in Canada every day. **METRO NEWS SERVICES**

# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## Taking care of your skin is like working out

Sex and the City star Noth the new North American face for Biotherm Homme

JANINE FALCON  
for Metro Canada

**Turns out being a big star doesn't make a guy much different from most, at least when it comes to skincare products.**

The growing variety on retail shelves, although an itty fraction of available lady potions, seems overwhelming, and frankly, shopping around for the latest and greatest holds little appeal.

If someone gives you something to like, though, you're loyal. And if you're "Big" actor Chris Noth, you become the North American face of the brand.

"I came here on a job and I couldn't bring stuff on a plane," Noth told Metro during his recent visit to promote his new role as the face of Biotherm Homme.

"I said I needed some stuff, shaving cream,

moisturizer. (My agent brought me the Biotherm and it was, you know, it was simple, it was good. I just kept using it and then we formed a relationship with them."

Noth, of course, is known for his role as reformed bachelor Mr. Big in Sex and the City, and currently plays a not-so-good husband on TV's The Good Wife. A self-described "simple" guy, he explained that before Biotherm, he wasn't into skincare.

"I paid no attention to it before. I used anything and nothing."

Now he regards a regimen as part of his routine.

"It's kinda like working out. You do it not just because it helps your body, but it also makes you feel clarity, grounded," he said.

"You're on this earth and have to deal with gravity."



**"You're on this earth and have to deal with gravity."**

### Manly stuff to try

Among Noth's Biotherm Homme favourites are the Force Supreme Neutralizer Anti-Wrinkle Moisturizer (\$55), and the High Recharge Yeux Anti-Fatigue Cold Eye-Serum under-eye roller (right, \$40), which refreshes tired eyes. "I keep it in my car," he told Metro.



Biotherm Homme Force Supreme Neutralizer Anti-Wrinkle Moisturizer to fight signs of aging, \$55



Gillette Fusion Power MVP razor micro-pulses for a shave more comfortable for sensitive skin, \$12.99



Crest Whitestrips Daily Multicare, five minutes a day for healthy-looking whiter teeth, \$49.99



Clinique Skin Supplies for Men Age Defense For Eyes to help with under-eye wrinkles and dark circles, \$28



Dove Men + Care Extra Fresh Body and Face Wash does double duty, \$6.99



La Roche-Posay XY Homme Anti-Redness Normalizing Balm to calm post-shave skin, \$27



Clarins Men Lip Guard for shine-free — and kissable — comfort, \$15



Clarins Men Active Face Scrub to get rid of flaky patches, \$32. Anti-Wrinkle Moisturizer to fight signs of aging, \$55



Dermalogica Close Shave Oil for a supple-skin shave, \$26



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# Sears

## health & beauty 11

### Do I need to be a jerk to get women to go out with me?

The J Spot

Josey Vogels



metronews.ca/thejspot

that exists so I go for the thrill instead."

One could also argue that going after guys who are clearly lousy long-term relationship material is like the female version of "commitmentphobia." It's less scary to long than to genuinely love.

Some women latch on to the naïve belief that she'll be the one to turn him around. Of course, one could also argue that being attracted to people who make us work a little harder for it is simply human nature. Just as many guys are drawn to indifferent, rebellious "bad girls" who keep them guessing, we all

The self-proclaimed "nice guy" asking me this question has spent one too many days in I-like-you-as-a-friend purgatory. I figure he deserves an answer.

Because you know what he's talking about right ladies?

C'mon, admit it.

You hear yourself say it to your girlfriends: "He's a really nice guy, funny, considerate, a real sweetheart. I don't know what it is, but I'm just not attracted to him."

Am I right?

Why go for funny, sweet, considerate

when we can go for indifferent, self-centred and manipulative? So much sexier.

So, why do women love bad boys? For some women it's about the challenge and the excitement. Nice guys are too predictable. They want to love them, but the good girl in them wants to rebel. And since society doesn't like bad girls, they let bad boys bring out the rebel in us.

"I want to be comfortable but not bored," a bad-boy addict girlfriend tries to explain. "I'm not sure

**"Some women latch on to the naïve belief that she'll be the one to turn him around. Of course, one could also argue that being attracted to people who make us work a little harder for it is simply human nature."**

challenge when it comes to relationships. It's not that you have to turn into a lout to get a date. But the problem with some nice guys, is that, well, they're a little too nice.

Women do like to be treated nicely but they also

so appreciate a guy who's willing to stand up for himself. It's very hard to respect a guy and believe he likes himself enough for us to like him if he's willing to take whatever a woman dishes him.

So you can be nice without being a doormat. And you can be self-confident without coming across as an arrogant, well, jerk. And hey, if you ride a motorcycle, it might not hurt.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

### Time to pace yourself

**FITNESS** Weekend warrior warning: Pace yourself.

Spring means it's time to hit the links, the courts, and the fabulous outdoor paths in our great cities. But if you haven't done much physical activity all through the winter, it's important to build up your activities gradually, always warm up, stretch regularly, and mix it up.

"Ensure gradual increase in training loads and progressions," says Carl Petersen, a partner and director of high performance

training at City Sports & Physiotherapy Clinics in Vancouver, B.C. Petersen suggests that men, in particular, do proper warmups and stretching.

"Men are less flexible than women and therefore need to do a dynamic warmup prior to any activity," he says. "Research shows that doing stretches after the activity and again before bed will give a 50 per cent decrease in lower extremity overuse injuries."

CELIA MILNE/METRO CANADA



Children are likely to be more productive if they take a break after about 20 minutes. Children should not feel overwhelmed while doing homework. Allow children to take breaks, and eventually they will develop their own pace of studying. [TUTORING.SYLVANLEARNING.COM](http://TUTORING.SYLVANLEARNING.COM)

# Small Scholars

## Study tip

Put together a homework kit for your child. This could include a range of supplies such as pencils, a dictionary, a thesaurus, glue and coloured pencils.

[TUTORING.SYLVANLEARNING.COM](http://TUTORING.SYLVANLEARNING.COM)

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Mix of fun, learning

RAFAEL BRUSILOV  
for Metro Canada

**After-school activities aren't just a convenient way to keep kids busy until their parents come home, they're a powerful tool in the development and education of child learners.**

The modern art of teaching itself has changed greatly in recent decades, with more focus today on learning that catches kids' interest and lets them explore new things in a personal way.

Yet outside of the classroom, kids still need to be kids and many after-school programs offer educational and developmental benefits hidden within fun, involving activities that teach life skills in a natural way.

Lorrie Huggins co-au-

thored the curriculum for the Playing to Learn program — which is implemented at YMCA centres across Canada — offering a myriad of sports and other group activities to keep kids active after the school bell has rung.

She says after-school programs in general can be a great boon to a young child's development because they offer opportunities to engage a child by tapping deep into his or her personal interests.

"Research tells educators play is the way children learn, and it also says the longer a child is actively engaged in an interest, the more they learn. Children experiment and discover and we as educators need to set up opportunities for them to do just that," Huggins said.

**"Play is the way children learn."**

Lorrie Huggins

With Playing to Learn, the YMCA polled kids and found they were excited to learn and grow as individuals after school, but they wanted to throw off the shackles of traditional academic learning once they'd left the classroom.

"We asked kids what they wanted in an after-school program and they emphatically wanted an active place, a fun place, they wanted it more like a club than school. That drove our school-age programs into something that feels different than school," Huggins said.

Just like adults need some downtime from the



Kids need time to enjoy their interests in a pressure-free zone.

structure and stress of a normal workday, kids need time to unwind and enjoy their interests in a pressure-free zone — the result is a greater rate of development.

For Suzy Moreira, her own daughter's experiences with after-school programs, first at the YMCA and now with the Boys and Girls Clubs of Canada,

have made her daughter into a much more confident child.

"Being in these programs has helped her ability to socialize with other people," she said. "It's really given her greater confidence, and when you build confidence in kids, they have more opportunity to ask questions in school, to be that outward person."

## What to look for

When picking the right after-school program for your child, Lorrie Huggins suggest you do a little homework first:

- Sit down and watch a potential program in place. How do the kids interact with staff? Are they happy? Is the vibe a good one?
- Are staff hands-on with kids or do they just dump some equipment out and let kids run the show?
- Do staff appear well-trained and well-supported by the organization?
- Does the program offer a lot of choice in things for kids to do? Kids love variety, especially if they're not feeling particularly sporty or bookish on a particular day.

— RAFAEL BRUSILOV



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| St. Leo       | Shower With Love          | 5412 - 121 Ave. | 780 477-5805 |
| St. Martin    | Smart Start               | 11310 - 51 Ave. | 780 433-9590 |
| St. Matthew   | Pink Elephant             | 8735 - 132 Ave. | 780 476-3587 |
| St. Pius X    | First Choice              | 12214 - 128 St. | 780 452-0587 |

| SCHOOL                         | PLAYSCHOOL  | ADDRESS         | PHONE        |
|--------------------------------|---|-----------------|--------------|
| St. Martin<br>(8:30 - 11:30)   | Ukrainian Bilingual<br>3 yrs Mon-Fri am<br>4 yrs Mon-Fri am | 11310 - 51 Ave. | 780 939-8244 |
| St. Vladimir<br>(9:00 - 11:15) | Delwood<br>3 yrs Tue/Thu am<br>4 yrs Mon/Wed/Fri am         | 7510 - 132 Ave. | 780 476-5490 |
| (12:15 - 2:30)                 | Learning Together<br>Mon/Wed am                             | 18015 - 93 Ave. | 780 421-7323 |
| St. Benedict<br>(9:00 - 11:00) |   |                 |              |

For more information contact Early Learning at  
780 638-6810 or visit [www.ecsd.net](http://www.ecsd.net)

## Making reading fun for boys

RICHARD WOODBURY  
for Metro Canada

For some parents, getting their boys interested in reading can be a challenge. Studies consistently show that boys just aren't as interested in it as girls. This is something Lorelei Burgess sees first-hand and she has some ideas why.

"There's not as much literature geared for boys, especially in their early years," says the centre director for Oxford Learning in Halifax. "There tend to be a lot of series that the girls can read, but it doesn't seem to be equal."

She says that boys also tend to be more interested in math, science and hands-on activities.

Boys have more trouble with reading than girls. They have higher reading disability rates and delayed development rates.

Biological and environmental factors could account for this, says Dr. John McNamara, an educational psychologist at Brock University in St. Catharines. "The jury's out on what's causing that difference, but the difference exists," he says.



Find literature that corresponds with boys' interests, experts say.

There are a number of things parents can do to try and get their boys more interested in reading. One is to find literature that corresponds with the boys' interests.

McNamara says boys are quite imaginative and recommends building literacy activities into that imagination, "instead of kind of contriving a phonics program that has nothing to do with their interests."

If a boy has an interest in space, the parent could talk with the child about this topic and have the child work on exercises to learn the names of the planets and other information about space.

"(When) you're talking about space, you're building their vocabulary, you're building their litera-

cy skills," says McNamara. "They think they're engaging in talking about space or reading about space — which they are — but at the same time, they're just simply building their literacy skills."

Getting a magazine subscription is another way of getting boys more interested in reading, says Burgess. The fact that magazines arrive on a regular basis will give them something to look forward to reading. Publications such as Sports Illustrated and National Geographic even have versions for kids.

"The other thing we recommend is having the kids help out and read in situations that aren't necessarily books," says Burgess.

This could mean having the boys read the newspaper to their parents while they are making dinner, or having them help read the recipes being used to make the meal.

**"There's not much literature geared for boys, especially in their early years."**

Lorelei Burgess, Oxford Learning



**Find background music**

Studies show that listening to soft classical music can help a child concentrate. Help your child choose instrumental music to listen to while doing homework. [TUTORING.SYLVANLEARNING.COM](http://TUTORING.SYLVANLEARNING.COM)

# Music can build confidence

**RAFAEL BRUSILOV**  
for Metro Canada

**Music can stir the soul, but experts say it can also help kids develop into well-rounded adults.**

Whether flitting out notes on a fiddle or blasting out a B-sharp on the baritone, the rigour and challenge of learning a musical instrument can not only help kids develop their concentration and stimulate their intellectual development, but it can also give them a greater understanding and empathy for others.

Professor Nadia Lavoie at the University of Ottawa's Faculty of Education says music can increase a child's sense of confidence as well as help them develop emotional maturity.

"Music is an effective way to canonize and express the emotions of an individual because it mobilizes the primary emotions. That can be a good component in the social world, especially since it can help children develop confidence in themselves," she said.



Music study appears to coincide with some level of increase in life skills, research suggests.

The creativity celebrated in music also has a strong role in teaching tolerance and acceptance of new things, Lavoie says.

"Creativity and the acceptance of others makes our world better and us more respectful to other ideas, and it's a big part of resolution of problems. Music gives kids the ability to see the world in a more creative way and it's a benefit to the overall development of children," she said.

As to quantifiable data on specific benefits, such as increased IQ or better test scores in school often

anecdotally attributed to music study, science hasn't found a completely definitive answer — but music study does appear to coincide with some level of increase in life skills.

A 2004 University of Toronto study did appear to show notable increases in IQ levels among students who took music lessons versus those who didn't, although the study's supporters and skeptics still disagree on the full meaning of the results.

A large amount of research has shown numerous correlations appear to

exist between music study and positive impacts upon things such as literacy, spatial ability and mathematics achievement, although many experts also point out that children who take music lessons often tend come from better social and economic backgrounds — which make it more likely for them to be stronger at such skills already.

Ultimately, Lavoie says music study can be a powerful positive force in the lives of children.

"Music is universal and the things it teaches are universal as well," she said.

## How to find the right tutor

**JON TATTIE**  
for Metro Canada

It can be distressing when your child starts to fall behind at school, but experts say finding a good tutor for the small scholar can quickly get them back on track. Ian Cunliffe, who runs Vancouver Tutoring Service, compares it to a leaky boat. The holes are the gaps in the student's knowledge and the incoming waves are the new learning. He says a good tutor can come in, patch up the holes, and get the student afloat again.

"A good tutor's goal is to work briefly but intensely to get a child back on track, getting them caught up and feeling empowered and then releasing them. You want the student to outgrow the teacher," Cunliffe says.

For the tutoring to work, all three points on the triangle have to connect.

"You need commitment from the parent, from the tutor, and most importantly, from the child," he says.

That common spirit is more important than trying to match personalities,

he says, because you can bring your child to a tutor, but you can't make him learn.

"I firmly believe that every child wants to be successful," he says.

The key is acting quickly, before the boat sinks.

Gabriel Kuperman of Tutor Index, a company that matches children to tutors across Canada, says parents should first study the tutor.

"A great tutor has experience in the subject. You want to know their qualifications — have they gone to university? Do they have their teacher's degree?" he says.

He also urges parents to "price shop" to make sure they get the most bang for their buck.

In-home tutoring adds convenience, but may also add to the price. Some tutors offer a trial period to make sure it's going to work, while others have a minimum number of hours parents have to purchase at the start.

If your child has any particular learning issues, you want to make sure the tutor knows about them and is able to work with them.

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*Bright futures begin here*

One of the largest pubs in Canada is in what is called the Irish Village in Ottawa, where four different pubs under the same roof take up a city block. It is called the Heart & Crown in the Byward Market. **THE CANADIAN PRESS**

# Food



## Authentic Irish pubs

Here are some tips on how to enjoy an authentic Irish experience on St. Patrick's Day and throughout the year: Find an Irish pub by checking online or in the local phone book. The real Irish pubs serve Irish food, music and draught Guinness or a number of the country's brews, and not only on St. Patrick's Day. Go for the atmosphere, including the talking, laughing, singing and dancing. Source: [weareirish.ca](http://weareirish.ca).

THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Celebrate with Irish grub



Shamrock Soup.

### Shamrock Soup

On a day when we celebrate everything green, why not make dinner green too? Broccoli and potatoes make a bright, perfectly smooth and delicious soup that's easy to prepare. The shamrock-shaped cheese croutons add fun, crunch and flavour.

**MAKES 6 SERVINGS**

#### INGREDIENTS:

- 1 large bunch broccoli
- 15 ml (1 tbsp) butter
- 3 cloves garlic, minced
- 1 onion, chopped
- Salt and pepper
- 2 potatoes, peeled and chopped
- 1 l (4 cups) reduced-sodium vegetable or chicken broth or stock
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) shredded havarti, cheddar or mozzarella cheese

Shamrock Croutons  
• 4 to 6 slices whole-grain bread  
• Sour cream or plain yogurt (optional)

#### METHOD:

Cut broccoli tops from stalks. Peel stalks and chop coarsely. Cut tops into small florets and set aside separately.

In a large pot, melt butter over medium heat; saute garlic, onion and 1

ml (1/4 tsp) each salt and pepper for about 5 minutes until garlic and onion are softened. Add broccoli stalks and potatoes and saute for 1 minute.

Add broth and bring to a boil over high heat. Reduce heat, cover and boil gently for about 10 minutes or until potatoes are almost tender.

Add broccoli florets and boil gently, uncovered, for about 5 minutes or until florets are tender.

Meanwhile, make Shamrock Croutons: Using a shamrock cookie cutter or a sharp paring knife, cut shamrock shapes from bread and place on a baking sheet. Preheat broiler.

In a blender, in batches, or with an immersion blender, puree soup until smooth. Return to pot if necessary. Stir in milk; heat over medium-low

heat, stirring often, just until steaming (do not let boil). Remove from heat; stir in cheese until melted. Season to taste with salt and pepper.

Just before serving, broil croutons on each side until toasted. Ladle soup into bowls, top with a spoonful of sour cream, if using, and float croutons on top.

THE CANADIAN PRESS

St. Patrick's Day is tomorrow!

## Sip on something green

### BEVERAGE

There are many ways to celebrate St. Patrick's Day, but you better be sipping on something green.

Forgo the typical choice of beer for a delicious green cocktail. Made with Rosangel Tequila and Midori (giving it that festive green hue), Liquid Luck isn't as Irish as a Guinness, but it's sure a great way to

celebrate St. Patty's Day.

**Rosangel Liquid Luck (of the Irish)**

#### INGREDIENTS:

- 1 part Rosangel
- 1 part white cranberry juice
- 2 splashes Midori
- 1 splash triple sec



COURTESY OF ROSANGEL TEQUILA.  
METRO NEWS SERVICE

## Liquid Assets

**Peter Rockwell**

[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

## New horizons

Where do I drink from here? It's a

question anyone who enjoys wine will inevitably ask after they've bought a particular bottle for the umpteenth time.

The easiest way to expand your wine horizons is to stick with what you already know. There isn't a single winemaker who's a one trick pony and just about every wine you like will have a bigger (and supposedly better) version of itself waiting in the wings.

But what do you get if you work your way up the liquid ladder?

Let's take Wolf Blass as an example. For many its 2007 Yellow Label Shiraz (\$16.35 - \$18.99) — with its dark black fruit and licorice spice — is a textbook example of what made the grape famously Australian. It's created from fruit grown all over South Australia (a huge area) which helps keep it under \$20.

The Wolf Blass 2006 Grey Label Shiraz (\$34.80 - \$39.99) takes the Yellow Label's personality and increased it by, like, a thousand. Being made from grapes grown in one particular South Australian sub-region (McLaren Vale) gives it more concentration and depth to go along with its higher price tag.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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## Duvall, Farrell bring movies to Tribeca

Colin Farrell and Robert Duvall are among those bringing films to the Tribeca Film Festival in New York. The festival announced the bulk of its lineup yesterday. Making its U.S. premiere will be Neil Jordan's *Ondine*, starring Farrell and Duvall in *Get Low*. **THE ASSOCIATED PRESS**

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# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

## More than friends

David Schwimmer is engaged. The former *Friends* star, 43, asked for Zoe Buckman's hand in marriage after the 24-year-old British photographer recently moved to the U.S. to be closer to him. **FEMALEFIRST.CO.UK**

## Northern colours

Film captures White Stripes' all-Canadian tour

PHIL BROWN  
for Metro Canada



In 2007 the minimalist rock duo The White Stripes embarked on a special tour across Canada. Jack and Meg White vowed to play in every province and territory from P.E.I. to Iqaluit, creating spontaneous shows wherever they went.

This led to some pretty strange one-off gigs including a one-note show in St. John's and a bowling alley performance in Saskatoon. It was a bizarre tour that was filmed for the documentary *The White Stripes Under Great White Northern Lights*, out on DVD today.

### On the web

#### DVD reviews:

• For Peter Howell's take on *The Twilight Saga: New Moon* and *Broken Embraces*, visit [metronews.ca](http://metronews.ca)

day. Shot in a low-fi style that mimics the band's aesthetic, the film is a love letter to The White Stripes and Canada that should please fans and local audiences alike.

Surprisingly, this documentary was almost an afterthought for front man Jack White, who was more interested in the experience of touring across Canada than he was in filming it.

"The tour itself came first and the documentary came second," White told Metro. "Meg and I wanted to explore this gigantic frontier right next to where we'd grown up in Detroit that was so untouched by not just our band, but touring bands in general. After doing some research we couldn't even find a Canadian band that had toured every province and territory. Also, half of our family goes back to Nova Scotia roots for about three or four generations and we thought it would be a perfect place to have our 10th anniversary show."

Though it wasn't the impetus for this specific project, White did admit that



The White Stripes *Under The Great White Northern Lights*, out on DVD today, chronicles the band's 2007 tour of Canada during which they played in every province and territory.

he'd always had a desire to make a tour documentary: "When you're on tour you tend to watch a lot of films about bands on the tour bus. I kept saying that this is definitely one of those movies that would be the

first thing we would buy before we hit the road." White feels proud about the project if only because it highlights some of the strange free one-off performances that he played for audiences completely

unfamiliar with The White Stripes.

"I live for those moments and the energy that comes from playing with an audience that has no interest in what Meg and I do," said White.

| ED            | C   | B      | S   | 7:00 | 7:30   | 8:00  | 8:30   | 9:00   | 9:30  | 10:00                            | 10:30                              | 11:00               |
|---------------|-----|--------|-----|------|--|---|--|--|---|----------------------------------|------------------------------------|---------------------|
| prime         | 2   | CFRN   | 239 | 318  | Lost 'Recon' (HDTV) (N)                                  | Law & Order: Special Victims                      | American Idol (HDTV) The 12 finalists compete. | CTV News                                       | CTV News  | CTV News                         | CTV News                           | CTV News            |
|               | 3   | KHQ    | -   | 370  | News (N)   | Jeopardy! (N)                                     | Wheel Fortune                                  | The Biggest Loser (N)                          | Kids in Hall                                      | Comedy Fest                      | NCIS: Los Angeles (N)              | The Hour            |
|               | 4   | CBXT   | -   | 307  | Wheel Fortune  | Jeopardy! (N)                                     | Rick Mercer                                    | 22 Minutes (N)                                 | NCIS 'Jurisdiction' (N)                           | NCIS: Los Angeles (N)            | The Good Wife                      | EP Daily            |
|               | 6   | KREM   | -   | 372  | News   | Access H.   | The Doctors                                    | Parenthood (HDTV) (N)                          | The Biggest Loser (N)                             | NCIS: Los Angeles (N)            | News Hour                          | Metropia            |
| news          | 7   | CKEM   | 241 | 347  | Law & Order: Special Victims                             | Parenthood (HDTV) (N)                             | The Good Wife 'Heart'                          | NCIS 'Jurisdiction' (N)                        | NCIS: Los Angeles (N)                             | Two/Half Men                     | Two/Half Men                       | FlashForward        |
|               | 8   | CITV   | 240 | 339  | ET Canada  | Entertainment                                     | Omni News: S. Asian Edition                    | Omni News: Cantonese Edition                   | Lost 'Dr. Linus' (HDTV)                           | Two/Half Men                     | Two/Half Men                       | News                |
|               | 11  | OMNI   | -   | -    | King/Queens  | The Simpsons                                      | Entertainment                                  | The Insider (N)                                | American Idol (HDTV) The 12 finalists compete.    | Playing for Change: Peace        | Queen-Crown                        | Queen-Crown         |
|               | 13  | KXLY   | -   | 371  | 4 News at 6  | 4 News at 6:30                                    | Raymond  | Independent Lens Senior citizen chorus.        | Change Your Brain, Change Your Life               | CBC News: The National           | CBC News: The National             | Score Now           |
| sports        | 16  | KAYU   | -   | 373  | The Office   | Raymond   | Two/Half Men                                   | Two/Half Men                                   | Paralympics 2010                                  | Sledge Hockey: Canada vs. Norway | Monsters in Jam                    | Monsters in Jam     |
|               | 22  | KSPS   | -   | 374  | PBS NewsHour (N)   | Independent Lens Senior citizen chorus.           | FlashForward (HDTV) (N)                        | FlashForward (HDTV) (N)                        | The Middle  | Old Christine                    | Primetime                          | Primetime           |
|               | 24  | WTVS   | -   | 364  | StartupNation  | Brain Fitness Frontiers (HDTV)                    | CBC News: The fifth estate                     | CBC News: The National                         | EarthWatch One                                    | EarthWatch Two                   | Cooper 360                         | Cooper 360          |
|               | 15  | CBNC   | 502 | -    | CBC News: The National                                   | EarthWatch One                                    | Anderson Cooper 360 (HDTV)                     | Anderson Cooper 360 (HDTV)                     | CTV News  | CTV News                         | CTV News                           | CTV News            |
| family        | 21  | TWN    | 505 | 398  | (5) EarthWatch One                                       | EarthWatch One                                    | CTV News                                       | CTV News                                       | Business News                                     | Commodities                      | Market Call Tonight                | Market Call Tonight |
|               | 27  | CNN    | 500 | 500  | Larry King Live (N)                                      | Larry King Live (N)                               | CTV News                                       | CTV News                                       | CTV News  | CTV News                         | CTV News                           | CTV News            |
|               | 54  | CTVNI  | 501 | 391  | CTV News Tonight   | CTV News  | CTV News                                       | CTV News                                       | CTV News  | CTV News                         | CTV News                           | CTV News            |
|               | 70  | BNN    | 504 | 508  | Squeeze Play   | Squeeze Play                                      | CTV News                                       | CTV News                                       | CTV News  | CTV News                         | CTV News                           | CTV News            |
| cable variety | 20  | TSN    | 400 | 400  | (6:30) 30 for 30   | SportsCentre (HDTV) (Live)                        | SportsCentre (HDTV) (Live)                     | SportsCentre (HDTV) (Live)                     | Paralympics 2010                                  | Sledge Hockey: Canada vs. Norway | Monsters in Jam                    | Monsters in Jam     |
|               | 23  | net    | 408 | 418  | NHL Hockey: Oilers at Wild                               | Monster Jam (HDTV) (N)                            | Dangerous Drives (HDTV)                        | Court Surfing NBA news, scores and highlights. | Score Now   | Score Now                        | Score Now                          | Score Now           |
|               | 47  | SPED   | 417 | 406  | College Basketball                                       | FlashForward (HDTV) (N)                           | FlashForward (HDTV) (N)                        | FlashForward (HDTV) (N)                        | The Middle  | Old Christine                    | Primetime                          | Primetime           |
|               | 94  | SCOR   | 410 | 403  | College Basketball                                       | FlashForward (HDTV) (N)                           | FlashForward (HDTV) (N)                        | FlashForward (HDTV) (N)                        | The Middle  | Old Christine                    | Primetime                          | Primetime           |
| cable variety | 9   | EDACC  | 267 | 351  | Alberta Primetime (Live)                                 | FlashForward (HDTV) (N)                           | FlashForward (HDTV) (N)                        | FlashForward (HDTV) (N)                        | The Middle  | Old Christine                    | Primetime                          | Primetime           |
|               | 14  | YTV    | 552 | 543  | iCarly   | To Be Indie                                       | iCarly   | Scorpion                                       | Malcolm-Mid.                                      | Hates Chris                      | 8 Simple Rules                     | What I Like         |
|               | 17  | TREE   | 553 | 546  | Franklin   | Babar   | Little Bear                                    | Toopy & Binoo                                  | Max & Ruby  | Dragon (DVS)                     | Backyardigans                      | Ni Hao, Kai-lan     |
|               | 42  | TOON   | 555 | 545  | Johnny Test  | Johnny Test                                       | Ben 10: Alien Swarm (2009, Science Fiction)    | Sonny Chance                                   | Atlantis  | Futurama                         | King of the Hill                   | American Dad        |
| cable variety | 45  | FAM    | 557 | 541  | Wizards-Place  | Suite Life  | Suite Life                                     | Suite Life                                     | Han, Montana                                      | Wizards-Place                    | Latest Buzz                        | Ned's School        |
|               | -   | TVA    | 121 | 714  | TVA nouvelles  | Le Cercle (SC)                                    | La Fievre de la danse (SC)                     | Rock et Rol                                    | Caméra Café                                       | La Promesse (HDTV) (N) (SC)      | TVA nouvelles                      | Reba                |
|               | 18  | CMT    | 575 | 583  | According-Jim  | According-Jim                                     | Home Improve.                                  | Home Improve.                                  | Meet-Wilsons                                      | Wilson                           | Amer. Funniest Home Videos         | Reba                |
|               | 25  | A&E    | 615 | 520  | Criminal Minds (HDTV)                                    | Criminal Minds (HDTV)                             | CSI: Miami (HDTV)                              | CSI: Miami (HDTV)                              | CSI: Miami (HDTV)                                 | Wild 'n Out                      | Hammertime                         | Gimme Sugar         |
| cable variety | 26  | MMM    | 571 | 581  | mtm10.ca   | Good Eats   | Good Eats                                      | Good Eats                                      | Restaurant Makeover                               | Diner, Drive-In                  | Unwrapped                          | Hell's Kitchen      |
|               | 29  | FOOD   | 603 | 561  | Hell's Kitchen   | Trailer Park                                      | Trailer Park                                   | Trailer Park                                   | Relic Hunter                                      | Swamp Loggers (N)                | Daily Planet                       | Daily Planet        |
|               | 31  | SHOW   | 617 | 522  | Trailer Park   | Destroyed   | Destroyed                                      | Destroyed                                      | Destroyed   | Destroyed                        | Destroyed                          | Destroyed           |
|               | 32  | DISC   | 520 | 505  | Destroyed  | Destroyed   | Destroyed                                      | Destroyed                                      | Destroyed   | Destroyed                        | Destroyed                          | Destroyed           |
| cable variety | 33  | SLICE  | 601 | 562  | Party Mamas  | Wedding SOS                                       | Wedding SOS                                    | Wedding SOS                                    | ET Canada   | Whatever                         | Real Housewives of New York        | Housewives          |
|               | 34  | W      | 602 | 567  | House-Sell   | House-Sell  | House-Sell                                     | House-Sell                                     | Shopping Bags                                     | Grocery Bag                      | 6 Going on 60 (HDTV)               | 19 Kids-Count       |
|               | 35  | TLN    | 521 | 560  | 19 Kids-Count  | 19 Kids-Count                                     | 19 Kids-Count                                  | 19 Kids-Count                                  | Law & Order                                       | Ways to Die                      | Ways to Die                        | Ways to Die         |
|               | 36  | BRAVO  | 520 | 523  | Natalie MacMaster & Friends Talents.                     | Blue Mountain                                     | Players (N)                                    | Players (N)                                    | Ways to Die                                       | Ways to Die                      | Ways to Die                        | Ways to Die         |
| cable variety | 38  | SPIKE  | 628 | 584  | UFC Unleashed  | Blue Mountain                                     | Players (N)                                    | Players (N)                                    | Ways to Die                                       | Ways to Die                      | Ways to Die                        | Ways to Die         |
|               | 39  | AMC    | -   | -    | (6) 12 Monkeys *** (1995, Science Fiction) Bruce Willis. | Escape From L.A. *** (1996, Action)               | Kurt Russell.                                  | Halloween                                      | Halloween   | Halloween                        | Halloween                          | Halloween           |
|               | 40  | HIST   | 522 | 506  | Pawn Stars   | Pawn Stars  | Pawn Stars                                     | Pawn Stars                                     | Crime Stories                                     | Corner Gas                       | Name Is Earl                       | Stargate SG-1       |
|               | 41  | COM    | 626 | 547  | Just for Laughs  | Air Force   | 22 Minutes                                     | 22 Minutes                                     | Stargate SG-1                                     | Stargate SG-1                    | Stargate SG-1                      | Stargate SG-1       |
| cable variety | 43  | SPACE  | 627 | 528  | Medium (HDTV) (N)  | Seinfeld  | Name Is Earl                                   | Name Is Earl                                   | Batman & Robin *** (1997, Action)                 | Arnold Schwarzenegger.           | Star Trek: Next Generation         | Trek: Voyager       |
|               | 44  | WPCN   | 294 | 650  | Law & Order: Special Victims                             | Seinfeld  | Name Is Earl                                   | Name Is Earl                                   | Batman & Robin *** (1997, Action)                 | Arnold Schwarzenegger.           | Star Trek: Next Generation         | Trek: Voyager       |
|               | 46  | OLN    | 411 | 457  | Oper. Repo   | Oper. Repo  | Oper. Repo                                     | Oper. Repo                                     | Oper. Repo  | Oper. Repo                       | Oper. Repo                         | Oper. Repo          |
|               | 48  | TROP   | 619 | 525  | End of Leash   | Last 10   | The Dr. Oz Show (N)                            | The Dr. Oz Show (N)                            | TMZ   | talk                             | Access H.                          | Extra               |
| cable variety | 50  | STAR   | 621 | 527  | The View (HDTV) (N)                                      | The View (HDTV) (N)                               | The View (HDTV) (N)                            | The View (HDTV) (N)                            | TMZ   | talk                             | Access H.                          | Extra               |
|               | 52  | HGTV   | 600 | 564  | Sarah's House  | Genevieve   | House Hunters                                  | House Hunters                                  | House Hunters                                     | House Hunters                    | House Hunters                      | House Hunters       |
|               | 65  | TLN    | 700 | 800  | David Rocco  | Magnifica Italia                                  | Cashing In                                     | Rabbit Fall                                    | The Miagro Beanfield War *** (1988, Comedy-Drama) | Sonia Braga.                     | Raging Bull **** (1980, Biography) | Gossip Girl (HDTV)  |
|               | 92  | APTN   | 269 | 350  | Fish Out of  | Mixed Blessing                                    | Unscripted                                     | Crazy for Love                                 | MTV Live  | Sex, News-Roll                   | Taking, Stage                      | My Life as Liz      |
| cable variety | 93  | VISION | 261 | 394  | Quantum Leap   | 16 and Pregnant                                   | 16 and Pregnant                                | 16 and Pregnant                                | MTV Live  | Sex, News-Roll                   | Taking, Stage                      | My Life as Liz      |
|               | 100 | MTV    | 581 | 586  | 16 and Pregnant  | 16 and Pregnant                                   | 16 and Pregnant                                | 16 and Pregnant                                | MTV Live  | Sex, News-Roll                   | Taking, Stage                      | My Life as Liz      |
|               | 101 | MTV    | 581 | 586  | 16 and Pregnant  | 16 and Pregnant                                   | 16 and Pregnant                                | 16 and Pregnant                                | MTV Live  | Sex, News-Roll                   | Taking, Stage                      | My Life as Liz      |
|               | 102 | CPAC   | 512 | 396  | (6:30) Primetime Politics                                | Revue   | Question Period                                | Question Period                                | Psychic Inv.                                      | Ghostly Enc.                     | Missing                            | Missing             |
| cable variety | 103 | VIVA   | 526 | 507  | The Closer "Blindside"                                   | Cold Case   | Psychic Inv.                                   | Ghostly Enc.                                   | Psychic Inv.                                      | Ghostly Enc.                     | Missing                            | Missing             |
|               | 106 | RDI    | 126 | 730  | Le Téléjournal (SC)                                      | RDI économie                                      | Le National                                    | Le Téléjournal (SC)                            | 24 Heures en 60 minutes                           | Le Téléjournal                   | Le Téléjournal                     | Le Téléjournal      |
|               | 161 | SUPER  | -   | -    | Willness Protection * (2008, Comedy)                     | (8:45) Smother (2007, Comedy-Drama) Diane Keaton. | Butterfly Effect 3                             | Butterfly Effect 3                             | Butterfly Effect 3                                | Butterfly Effect 3               | Butterfly Effect 3                 | Butterfly Effect 3  |

### critics' corner

#### The Good Wife

In a case that plays out in an emergency courtroom set up in a hospital, Alicia and Will battle tough-talking litigator Patti Nyholm and a monolithic health insurance company that refuses to pay for urgent in-utero surgery. Alicia decides to give Peter a proper welcome home in the new episode "Heart." 8 PM on CITV; 11 PM on KREM



#### Natalie MacMaster & Friends

To avoid confusion, please note that MacMaster is not the focus of this special. The focus is Cape Breton music and culture, which is captured in this film of a concert performed by the music troupe Cape Breton Live. So expect tons of fiddling, step-dancing and corny comedy. 7 PM on BRAVO

#### Kids in the Hall: Death Comes to Town

Who says public executions are a thing of the past? Not in Shuckton. In the season finale, Mayor Marilyn orders an execution open to the whole community, but just in the nick of time, the truth about recent events in town is revealed. 9 PM on CBXT

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**MONDAY - FRIDAY**  
6:30AM & 6:30PM

**WEEKENDS**  
11:00AM

**ONLY ON SHAW DIGITAL CHANNEL 90**





It wasn't a love for butchered cover songs that led Ellen DeGeneres to the American Idol judges' panel. "I was like, 'Honey, that's it. Go get another job,'" Ellen's wife Portia de Rossi tells People with a laugh. "I'm that demanding." **METRO NEWS SERVICES**

## Celebrity Buzz

# Liam 'too pretty'

**SOUNDS LIKE AN EPISODE OF HANNAH MONTANA** Miley Cyrus fell for Australian actor Liam Hemsworth when they starred together in new movie The Last Song and the Hannah Montana star admits she initially didn't want to date the 19-year-old hunk because he is "too pretty," femalefirst.co.uk reports.

She said: "I don't know who had a big-

ger crush on him at the beginning, my mom or me. I was like, 'No, maybe he's just too pretty. I don't want to be with someone who's better looking than me. That's like awkward.'"



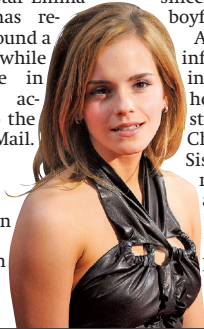
Hemsworth has also spoken about how the pair gradually became closer during shooting — on which Miley's mother Tish was the executive producer — because they were "each other's only friend."

He said: "We spent a lot of time together. We're shooting together every day and together on weekends and we were kind of each other's only friends down there. We just got really close. We enjoyed being around each other."

**METRO WORLD NEWS**

## Emma has a Latin lover

**I WONDER IF SHE WILL SOON BE LIVING LA VIDA LOCA?** Harry Potter star Emma Watson has reportedly found a new man while at college in the U.S., according to the Daily Mail. Class-mates say Watson has been getting cozy with Spanish musician



and fellow Brown University student Rafael Cebrian since her split from boyfriend Jay Barrymore. And Cebrian has even influenced Watson's acting choices, convincing her to join the cast of a student production of Chekhov's The Three Sisters, which has already sold out. "This is a new experience for Emma and she's a little nervous about her performance," a source says.

**METRO WORLD NEWS**

## No sex, just pot brings cops

**I'M SURE IT WAS PURELY FOR MEDICINAL PURPOSES** A new unauthorized book about Angelina Jolie and Brad Pitt claims that a 2005 incident in which police in Kenya stormed the couple's hotel room wasn't brought on by their loud lovemaking, as previously reported.



Instead, the cops showed up because someone at the hotel smelled marijuana smoke, according to Life & Style magazine. Police reportedly searched the room without finding anything.

**METRO WORLD NEWS**

## Luz part of Madonna's family

**HE MAKES A GREAT BIG BROTHER** Brazilian model Jesus Luz — who has been in a relationship with Madonna for around 15 months — feels like he has a complete family of his own since he started dating the 51-year-old star, who has four children, Lourdes, 13,



Rocco, nine, Mercy, five, and four-year-old David. The 23-year-old hunk told Brazil's RG Vogue magazine: "I consider myself a married man. I have a family. At my age, my father was also married. My mother gave birth to me when she was 15."

**METRO NEWS SERVICES**

## Piers picking top UK stars

**DOES HE MAKE HIMSELF NO. 1?** America's Got Talent judge Piers Morgan is busy judging people in his home country as well as compiling a list of the 100 top celebrities in the U.K. for the Mail on Sunday. Making the top 10 are David Beck-



ham, Robert Pattinson, Paul McCartney and Kate Moss, but Morgan saves the top spot for his boss, reality TV tycoon Simon Cowell. Oscar-winning actress Helen Mirren comes in at 12, while James Bond star Daniel Craig is No. 18.

**METRO WORLD NEWS**

Follow these celebrities on Twitter...

## CelebTweets

**AXL ROSE** finds showering electrifying, **KAT DENNING**s finds new ways to amuse herself, **ADAM LAMBERT** is feeling out of place, and **LADY GAGA** is nothing if not practical.

@axlrose So I'm in the shower at the gig after r Sao Paulo show n' when I touch the faucet I get a jolt of electricity!! Wtf!!

@OfficialKat Sometimes I prod my face and try to imagine what my skull looks like

@adamlambert Sometimes I wish I could time travel to 1969.

@ladygaga Once you kill a cow, you gotta make a burger

**METRO NEWS SERVICES**

## Conrad wears her own designs

**AND SHE'S NOT JUST SAYING THAT TO GET YOU TO BUY HER CLOTHES** When Lauren Conrad needs a wardrobe update, she looks no further than her own collection for Kohl's.

"I think if you're not willing to wear your own clothes, you're doing something wrong. This line was meant to be about my style and pieces I want to walk into a store and want to buy. If you're not wearing your own line, you're taking all the fun out of it," the former reality star tells glamour.com.



**METRO WORLD NEWS**

## WEEKLY REWARDS

**WIN A PAIR OF FRONT ROW TICKETS TO SEE JOHN MAYER LIVE IN CONCERT! AT REXALL PLACE APRIL 4TH**

The lucky grand prize winner and their guest will also WIN a meet and greet with John Mayer. Prize also includes 2 copies of John Mayer's new album Battle Studies and 2 posters!

give the hmv gift card listen-watch-play **hmv**

Visit **clubmetro.com** to redeem your rewards!

To register and for full contest details visit clubmetro.com

# IT'S ANOTHER TERM FOR A NICKNAME, SHORTY

Watch **JEOPARDY!** tonight at 7:30 for the answer.

Following Wheel of Fortune at 7pm

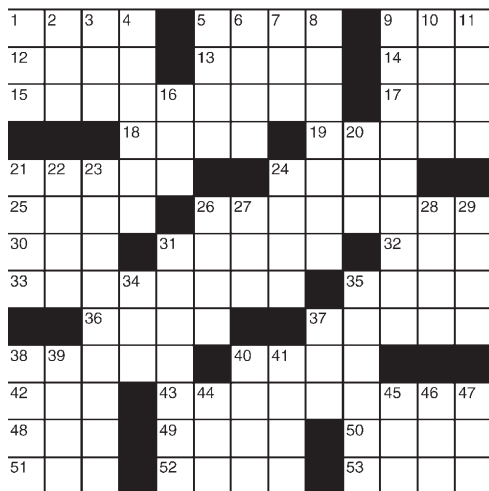
Yesterday's answer: What is prim.





**Michele McDougall, Weather Specialist & Host - Breakfast Television**

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" WEEKDAYS AT 6 A.M.



**ACROSS**

- 1 October birthstone
- 5 Loosen
- 9 Explosive, for short
- 12 Suitable
- 13 Appear
- 14 — de cologne
- 15 Nashville's home
- 17 Pen point
- 18 Pub missile
- 19 Punch bowl accessory
- 21 Pumpkin eater of rhyme
- 24 Plain and simple
- 25 Finished
- 26 Press agent?
- 30 Family
- 31 Centrifuge inserts
- 32 "— Got a Secret"
- 33 Style
- 35 Nicholas, for one
- 36 "— the Knife"
- 37 Meadow
- 38 Last Greek

- letter
- 40 Burn
- 42 Chignon
- 43 Octopus' arms
- 48 Superlative suffix
- 49 "— go brag!"
- 50 Slender
- 51 "Of course"
- 52 Facts
- 53 Whirlpool

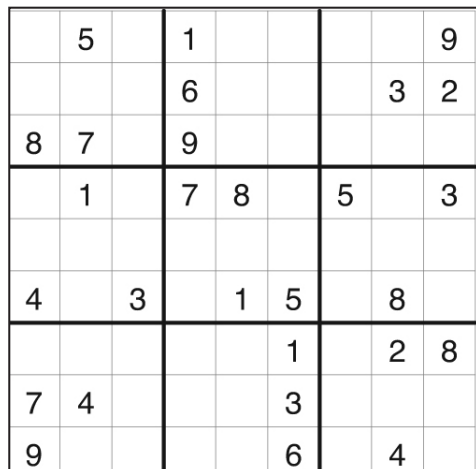
**DOWN**

- 1 Frequently
- 2 Chart format
- 3 Landers or Curry
- 4 Shylock, e.g.
- 5 Cold War initials
- 6 Bird's home
- 7 Sandra or Ruby
- 8 Brunch entrees
- 9 Treat meat?
- 10 Hammer's target
- 11 Toothpaste holder
- 16 Listener
- 20 Onassis, familiarly
- 21 Jab
- 22 Badder than bad
- 23 Some urban homes
- 24 Guy
- 26 Squealer
- 27 Fond du —, Wisconsin
- 28 Squished 35-Down
- 29 Dweeb sort
- 31 Stopped occupying
- 34 Joke
- 35 Ring, geometrically
- 37 Air safety org.
- 38 Do as I say
- 39 Ponder
- 40 Fit of peevishness
- 41 Sicilian spouter
- 44 Mound stat
- 45 Young bloke
- 46 Remnant
- 47 Firmament

**Sudoku**

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

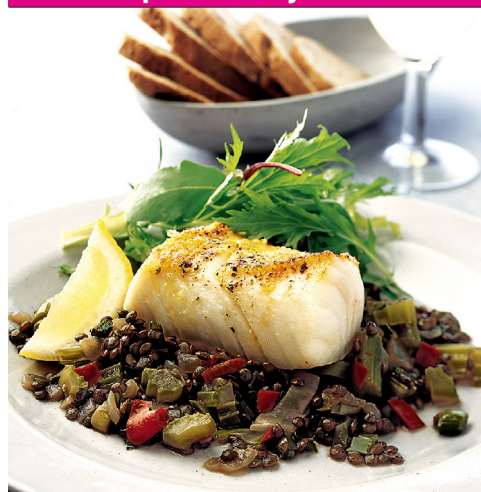


**On the web**

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



**Metro Recipe of the Day**



**Cod with Spicy Lentils**

**INGREDIENTS:**

- 1 tbsp olive oil, divided
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 leeks, chopped
- 1 red chili pepper, seeded and finely chopped
- 1 cup lentils, rinsed and drained
- 4 cups vegetable broth
- 1 sprig fresh thyme
- 1 bay leaf
- Juice of 1 lemon
- Pinch of cayenne pepper
- 4 skinless cod fillets or cod steaks
- Salt and pepper

**METHOD:**

1. Preheat broiler. Heat half of olive oil in pot, add onion, celery, leeks and chili pepper; cook 2 minutes. Stir in lentils. Add vegetable broth, thyme and bay leaf; bring to boil. Lower heat and simmer

until lentils are tender, 20 minutes. If lentils have not absorbed all broth, drain.

2. Meanwhile, mix remaining oil, lemon juice and cayenne pepper. Lay cod on broiler pan, skinned side up, season lightly and brush with oil mixture. Broil until fish will flake easily, 6 to 7 minutes. There is no need to turn fish over.

3. Spread lentils on warmed serving dish and arrange pieces of cod on top. Serve immediately.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



**Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)**

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
**MARCH 21-APRIL 20**  
If you are looking for ways to make your social life more exciting you will most likely find them in places you have rarely if ever been to before.



**TAURUS**  
**APRIL 21-MAY 21**  
Family and financial matters will go well today and if you've had problems in these areas in recent weeks you will find they are more manageable.



**LIBRA**  
**SEPT 23-OCT 23**  
Do your own thing, in your own way, at your own speed today and don't let anyone persuade you that you should be doing something else.



**SCORPIO**  
**OCT 24-NOV 22**  
Nothing in life is impossible. Some things may be more difficult than others but for Scorpio the sky really is the limit. Aim to do even better.



**GEMINI**  
**MAY 22-JUNE 21**  
Something will put a smile on your face today. Whatever it is it will remind you that life is worth living. Share your joy with your friends.



**SAGITTARIUS**  
**NOV 22-DEC 21**  
There is no telling how far you can travel or how much you can achieve if you put your mind to it over the next few days.



**CANCER**  
**JUNE 22-JULY 22**  
Your problems are not as bad as you think they are. In fact, most people you know would happily trade places with you this very minute.



**CAPRICORN**  
**DEC 22-JAN 20**  
Get together with some fun characters today — the sort of people who are not afraid to take a few risks. You have been far too conservative of late.



**LEO**  
**JULY 23-AUG 23**  
You may be on your best form at the moment but are you on your best behavior? Others may complain that you don't take life seriously enough.



**AQUARIUS**  
**JAN 21-FEB 18**  
Make the most of each and every opportunity that comes your way and don't fall into the trap of thinking that your happiness depends on other people.



**VIRGO**  
**AUG 24-SEPT 22**  
An offer that sounds too good to be true will set the alarm bells ringing in your brain today, but don't be too eager to dismiss it as a trick or a gimmick.



**PISCES**  
**FEB 19-MARCH 20**  
Once in a while something happens that catches you unawares and what takes place today will certainly shake you up a bit.



**This day in history**

- 37: Caligula becomes Roman Emperor after the death of his great uncle, Tiberius.
- 1935: Adolf Hitler orders Germany to rearm herself in violation of the Versailles Treaty.
- 1952: In Cilaos, Réunion, 1,870 millimetres (74 in) of rain falls in one day, setting a new world record.
- 1995: Mississippi formally ratifies the Thirteenth Amendment, becoming the last state to approve the abolition of slavery. The Thirteenth Amendment was officially ratified in 1865.
- 2005: Israel officially hands over Jericho to Palestinian control.

METRO NEWS SERVICES

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**\$449**

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Sol Cayo

Santa Maria • 3 1/2 ★

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\*Taxes & other fees  
(including service charges): \$218

### JAMAICA

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Mar. 23 • 1 wk.

**\$699**

\*Taxes & other fees  
(including service charges): \$270

### MEXICO

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Mar. 20 • 1 wk.

**\$959**

\*Taxes & other fees  
(including service charges): \$266

### Barceló Cayo

Santa Maria • 4 ★

All-Inclusive • Junior suite

Mar. 24 • 1 wk.

**\$779**

\*Taxes & other fees  
(including service charges): \$218

### DOMINICAN REPUBLIC

#### La Romana via Toronto

Gran Bahia Principe

La Romana • 4 1/2 ★

All-Inclusive • Junior suite

Mar. 20, 27 & Apr. 3 • 1 wk.

**\$929**

\*Taxes & other fees  
(including service charges): \$314

#### Puerto Vallarta/Riviera Nayarit via Calgary

Buenaventura

Grand Hotel & Spa • 4 ★

All-Inclusive • Deluxe rm.

Apr. 10, 17 & 24 • 1 wk.

**\$999**

\*Taxes & other fees  
(including service charges): \$267

### HAWAII

#### Maui via Calgary or Vancouver

Maui Coast • 3 ★

Double deluxe rm.

Apr. 17 • 1 wk.

**\$1099**

\*Taxes & other fees  
(including service charges): \$136

#### Punta Cana via Toronto

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite

Mar. 18 - 22 & 27 - 29 • 1 wk.

**\$899**

\*Taxes & other fees  
(including service charges): \$314

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### London

Barkston Gardens • 3 ★

Breakfast • Double rm.

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Hop-on / Hop-off tour

\*Taxes & other fees  
(including service charges): \$470

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\*Taxes & other fees  
(including service charges): \$492

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Mar. 23 • 1 wk.

**\$939**

\*Taxes & other fees  
(including service charges): \$270

### NASSAU, BAHAMAS via Toronto

Breezes Resort, Bahamas • 3 ★

Super-Inclusive<sup>®</sup>

Deluxe garden view rm.

May 11 & 12 • 1 wk.

**\$1429**

\*Taxes & other fees  
(including service charges): \$100

Breezes Resort, Bahamas



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